



# Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is your biggest fear?



"Ghosts! I hate bugs."

**Chris Beaulieu,**  
first year  
in equine program/Animal

"BagMs"

**Brian Pearson,**  
second year  
in security and police service



"Criminals"

**Paige Armstrong,**  
second year  
dentist school

"Being helpless when something bad is happening."

**Kevin Hester-Isles,**  
second year  
in civil science and  
marketing



"Extreme heights."

**Justin Manning,**  
first year  
workshop technician



At Conestoga, you could almost expect this.

## FILBERT CARTOONS



By A. H. H. H.



Cartoon 3: A character says 'I'm not a racist, I'm just a Canadian.'"/>



## Canadian Youtuber causes controversy

BY LARSEN HEDDERLEY

Many are in agreement, including those at Conestoga College, that making parodies about others should be allowed. A YouTube video (youtube.com/watch?v=CEPyHqH4A) posted on Sept. 3 by Nicole Arbour, a Canadian online comedian, has caused extreme controversy in North America. The video satirized Dave Filipek, creator of *Johnny's* discussing her denture and lack of passion for those who are overweight.

Arbour claims her comments were not cruel but honest and that those who are "fat" should thank her for doing what these men (Filipek and Randy) can't. "Fucking... who came up with that?" said Arbour. She also made the parody of the now infamous YouTube video "That's Bulky" where people who have had bulimia told their story.

III asked you so much that you lost weight. In 2010, with that video, her fan base had 4.4 million views, sparked over 2,000 YouTube video responses and in many districts and private comments that YouTube disabled the comments below the original video.

She obviously knows she went too far – and Maynard Tarnowski, a first year student in her technology, creative arts and design studies at Conestoga College. "In the video she said she even was looking forward to people's comments. She knew what she did was wrong and she should just apologize." Two days after the posting of Arbour's original video, she posted a second video defending her remarks, stating the goal is to make a name of herself. On Sept. 18, Arbour appeared on the *Vibe* where she defended herself once again, saying "That video was made to offend people. Just like I do with all the other videos that I have made. That topic was voted as my top one of what we did."

"I saw some of the reaction videos and the stories were so sad and I thought 'I think all she did was make people who had comments feel even worse after hearing that. I definitely agree that you don't have to be cruel if you don't take care of yourself but there's not to be too cruel."

know what she did was wrong and she should just apologize."

Two days after the posting of Arbour's original video, she posted a second video defending her remarks, stating the goal is to make a name of herself.

On Sept. 18, Arbour appeared on the *Vibe* where she defended herself once again, saying "That video was made to offend people. Just like I do with all the other videos that I have made. That topic was voted as my top one of what we did."

"I saw some of the reaction videos and the stories were so sad and I thought 'I think all she did was make people who had comments feel even worse after hearing that. I definitely agree that you don't have to be cruel if you don't take care of yourself but there's not to be too cruel."

In 2014, a study of 1,044 participants from the United Kingdom was conducted by the University College London on the effects of fat-shaming. The study concluded that individuals suffering from weight discrimination actually gained more weight, an average of 6.6 lb, while those who weren't targeted as discriminated lost an average of 8.1 lb.

"I would compare fat-shaming to bullying and would consider it to be cruel abuse," said Deborah Marshall, a registered behaviour therapist at *Therapies*. "It tends to feed into the person's already low

opinion of themselves. They're causing them to emotionally eat to soothe themselves. There are many factors that contribute to obesity, and it is seldom as simple as eating more calories than you expend."

Marshall said two thirds of her patients struggle with being overweight or obese and would rather like to be seen wearing an evening gown, with great hair, no shame and helpful lifestyle changes.

"It is important to know that our thoughts produce our emotional responses, then we feel and what we do, and believe. Therefore, in order to have control, to produce emotional responses, we create thoughts that will produce the emotions and behaviours that we want. The key is not to rely on willpower but, by forming our thoughts, that we can impact them to the most daily."

While Marshall admits that good and open relationships can make a difference, she says the key is to have an idea about oneself. In these times, she suggests to proceed with caution.

It is important to remember that a person dealing with a weight issue is probably already dealing with so many problems and will turn to things like food for comfort. "This could mean someone may even come to be a comedian or an actor in their character, increasing their feelings of worthlessness and decreasing their self-confidence."

## GET INVOLVED FAIR ARMIES AT COLLEGE



Photo by Jessica H. H.

Larson/Hedderley Student life programmer for community relations, helped organ (in the last featured) Fair Army 2011 at the college. For more story see www.spokenonline.com





# 40th festival a sweet success

BY JESSICA HARRISON

The scores of apple farmers and other successful businesses that the east coast fall air in Wednesday Oct. 1st, through the

Wednesday's Apple Festival and Cherry Festival, and events across, to the ASAC Festival was celebrating its 40th anniversary.

The festival means about 100,000 people from all over the region. The time for apple festival and dumplings were long but the delicious apple treats were well worth the wait. Top dancers from Ontario Highline College performed there waiting in line.

There were over 100 vendors in attendance and the Wednesday library had their annual book sale. A blacksmith demonstration and a 50-50 draw were added to the festival this year. "I thought everyone had lots of fun and there was something for everyone," said Judy Johnson, a local resident.

Glen Doyle, the founder and CEO of Apple Pies was one of the vendors at the festival. Along with selling crab apple jelly he was also featuring his new product, a crab apple cocktail sauce.

"Just talking to people the thing they would recognize is probably the apple butter and cheese. It's something that's important to the community," Doyle said. "This festival is a special thing people have."

Approximately 20,000 people were at the festival this year.

"We've been very successful for the small town we are in," said Bob Ford, chairman of the ASAC festival.

Proceeds from the event go toward many projects around town and helping the senior park, land and water systems. The most recent funding was spent on Doyle's Christmas tree for the school.

For the first time, someone is going to put up around town with their and others a tree about the festival and the local businesses.



PHOTO BY JESSICA HARRISON

Children enjoy the festival and people come for apple butter and dumplings at Wednesday's Apple Festival and Cherry Festival on Sept. 28.

## Returning students struggle with healthy food choices

BY MICHELLE KOSLOWSKI

Many students want quick food but their stomachs don't like it. They're looking for a quick fix to keep them going.

For many this is the first time they have lived on their own with no one to help.

Many students want quick food but their stomachs don't like it. They're looking for a quick fix to keep them going. For many this is the first time they have lived on their own with no one to help.

With lots of food options on campus, many students are struggling to find a healthy meal. Many students are looking for a quick fix to keep them going. For many this is the first time they have lived on their own with no one to help.

Many students want quick food but their stomachs don't like it. They're looking for a quick fix to keep them going. For many this is the first time they have lived on their own with no one to help.

Many students want quick food but their stomachs don't like it. They're looking for a quick fix to keep them going. For many this is the first time they have lived on their own with no one to help.

Many students want quick food but their stomachs don't like it. They're looking for a quick fix to keep them going. For many this is the first time they have lived on their own with no one to help.

Many students want quick food but their stomachs don't like it. They're looking for a quick fix to keep them going. For many this is the first time they have lived on their own with no one to help.

Many students want quick food but their stomachs don't like it. They're looking for a quick fix to keep them going. For many this is the first time they have lived on their own with no one to help.

Many students want quick food but their stomachs don't like it. They're looking for a quick fix to keep them going. For many this is the first time they have lived on their own with no one to help.

Many students want quick food but their stomachs don't like it. They're looking for a quick fix to keep them going. For many this is the first time they have lived on their own with no one to help.

Many students want quick food but their stomachs don't like it. They're looking for a quick fix to keep them going. For many this is the first time they have lived on their own with no one to help.

Many students want quick food but their stomachs don't like it. They're looking for a quick fix to keep them going. For many this is the first time they have lived on their own with no one to help.

Many students want quick food but their stomachs don't like it. They're looking for a quick fix to keep them going. For many this is the first time they have lived on their own with no one to help.

Many students want quick food but their stomachs don't like it. They're looking for a quick fix to keep them going. For many this is the first time they have lived on their own with no one to help.

Many students want quick food but their stomachs don't like it. They're looking for a quick fix to keep them going. For many this is the first time they have lived on their own with no one to help.

Many students want quick food but their stomachs don't like it. They're looking for a quick fix to keep them going. For many this is the first time they have lived on their own with no one to help.



PHOTO BY MICHELLE KOSLOWSKI

Many students want quick food but their stomachs don't like it. They're looking for a quick fix to keep them going. For many this is the first time they have lived on their own with no one to help.



### COUNSELLOR'S CORNER Finance

Are financial pressures weighing down on you? It is difficult to concentrate on your studies when you are worried about your finances. There are many ways to get help during your time at college.

If you are having trouble with your finances, there are many ways to get help during your time at college. There are many ways to get help during your time at college. There are many ways to get help during your time at college.

Another way to relieve the pressure is through employment. Ask all the college's Career Resource Centre (1141000) and on the web site for help finding part-time work during the school year to earn money for your studies. Opportunities for employment are also listed in the Student Guide you received on the beginning of the school year. Information can also be found on the College Website.

If you are having trouble with your finances, there are many ways to get help during your time at college. There are many ways to get help during your time at college.

A Message From Counselor Services

# Festival celebrates literacy

## BY JESSIE KAM OLSZEWSKI

The Word on the Street festival was held in downtown Vancouver Sept. 28 to promote literacy and Canadian authors. It brought writers from all over the region to celebrate the spoken and written word.

The festival is part of a national organization currently named Word on the Street, that runs festivals in four major cities across Canada.

"Literacy is the building block for everything and literacy feeds a vibrant and representative for the Vancouver Public Library. The importance of reading is irreplaceable as we like to promote books and reading and encourage about literacy."

The area outside the Vancouver Market was set up with games, arts and crafts and a small stage. 30 young musicians and poets to children who attended with their parents who seemed to enjoy the stories just as much.

Further down King Street was the main stage at the Coal City Square where tables and chairs were set up. On stage, three Vancouverites, Jason de Lee, Katherine a writer in new device introduced each, just phrases and did some perform on himself. "It's good to have poetry in the public," said Lee. "It's good for your health."

Local writer such as Richard Clancy drew people to the event, and at the morning event on Sept. 29, some started the tables were filled. A word food street food cart kept everything reading like a planned day. Bookish, Johnson and Deb March members of the BCN March Poetry team watched

the performances of Lee and Clancy as they got ready to perform themselves.

"I think it's important to support the local arts and see the local poets we have and Johnson before showing a poem about authenticity and humour."

"I think it's important to encourage literacy and teach people to not be afraid of words and March. I think we live in a culture where people are quick to turn on Twitter or get caught up on television and we forget about the power of books and magazines and more things. I think it's important to hold onto that. Johnson performed a poem about why she says the literate about personal depression and the desire to feel happy."

**"The importance of reading is invaluable as we like to promote books and reading and get excited about literacy."**

— Laura Reed

Inside city hall, concerned Canadian authors shared readings from their books and advice to young readers and writers. Authors like Katherine Oppel, known for the Riverway and Harbour series of young adult fiction, talked about how he got ideas for novels by asking what if?

Journalist and author Amanda Lindhout, a journalist who wrote about her experiences being kidnapped and held for ransom in Somalia, was interviewed about her memoir, *A House in the Sky*.



Photo by JESSIE KAM OLSZEWSKI

The Word on the Street festival took place on Sept. 28. Clockwise from top photo: Katherine Oppel shares his writing secrets with the audience; Jason de Lee, Johnson's sister-in-law, performs at the event; Richard Clancy shares the poem he wrote with the crowd; and Deb March.



## HEALTH STUDENTS GET HANDS-ON EXPERIENCE



PHOTO BY BART CHRISTIAN

College's paramedic students participated in an emergency simulation on Sept. 28. Many of the school's programs receive practical training, including the college's nursing students. This type of training provides all with opportunities to

## LOCKED DOWN AND NOWHERE TO GO



PHOTO BY JESSIE KAM OLSZEWSKI

Caroline Pineda, a psychology nursing student at Carleton College, discusses her experiences with Carleton's first lockdown drill on Sept. 24. She notes that all were locked down in cars.

# October is a month of screams and shrieks

BY KAREN KUBALA

October is screaming season, which could easily mean one thing: Halloween is near.

From haunted houses to pumpkin patching and carving, Halloween is the last part about October.

One of the most popular events for haunted houses is located right in Belknap. For the past 10 years, Screampark at Shogunpark has featured multiple haunted houses that suit the taste of guests.

This year, the park features three haunted houses: Frosty House, Cabin on the Woods and The Cemetery.

Each house has its own unique way to make the hairs on your arms stand straight up.

The Doreenick scared me the most, said Alexia Holliman, a visitor at the park who attended opening night. "I don't think I've ever screamed as loud as I did in there. It was horrific."

Beth Wood, another visitor, said she couldn't believe how realistic the haunted houses were. "I actually felt like I was in a horror movie."

Become an observer at other Halloween events, such as

the Feast and Farmers Fall 11 hours of Fall and Harvest Festival Night, but none are as popular as the scream park.

"Going to Screampark is my favorite thing to do during the Halloween season, said Holliman. "I've been going every year and every year it gets better."

Shogunpark has been open over 4,000 visitors have checked out.

"I love how scary it gets, said Ben Layman, a first-year community and justice student at Carolina College. "One moment, you're screaming like the next, you're screaming like the next, it's great."

If you aren't screaming for your life, each house takes about seven minutes to go through. Each house costs \$10.

"The screams never stop, said Wood. "Every corner you turn there is something waiting for you. I've been to a lot of haunted houses, but Screampark never seems to disappoint."

Another Halloween favorite is visiting family farms and picking out pumpkins to carve.

The Shanks Family Farm, located at 1044 Meigs Rd. in



Belknapers opened to visit at Screampark's gates on Sept. 26 for the 10th year. The park features hours of houses that scare guests.

Belknap has been an autumn since 1878. While they don't have as just Halloween, the farm has a tradition of Halloween fun filled activities for everyone to enjoy during the season.

"Our focus is more on fall family fun, rather than Halloween," said Angela Shanks, one of the owners of

the farm. "We do not focus on the theme of Halloween other than to sell pumpkins for people to carve, but we do offer other activities for the celebration."

Shanks said, "We will around 10,000 pumpkins and squash every year."

Shanks husband designs a large corn maze every year

for visitors along with a corn oil cake stand to use to eat the dishes to enjoy to celebrate the month of Halloween.

"Our maze and corn mazes were created with family fun in mind," Shanks said. "We feel fortunate to be able to share a lot of what we have to make a family experience for others in the community."



Karen Kuba/Kuba

Above: Various Belknapers' 5 screamers before they left the park during opening night. Top right, the Holliman family enjoys a visit to the Shanks family farm on Sept. 26. The farm is now open Monday to Saturday, 9 a.m. to 4 p.m. and Sunday, 10 a.m. to 4 p.m. and Nov. 1. Right: The Shanks family's delicious fall cheese tort, which they make by hand, welcomes visitors.



# Programs start with collaborations

## UP LIVING HOPES

In the next generation of health professionals here, the need to run the clock is less than it was for the clinic. With two new programs, Conestoga College might be able to say yes.

The college introduced two certificate programs in the spring designed for registered nurses and personal support workers to give them the skills to provide and assist care otherwise known as palliative care.

The Medical Centre Institute website defines palliative care as "care given to improve the quality of life of patients who have a serious or life-threatening disease. It aims to ease any distress a patient might have but rather to pro-

vide comfort and support.

The programs were introduced as an effort to fulfil the growing demand for end-of-life care. Don Walling, chair of continuing education and specialty programs at Conestoga College and most Canadians would prefer to die at home than in the hospital, the palliative care was needed to do this. He added that these services are currently not available to the extent they need to be.

Conestoga has received a lot of positive feedback on the role we're playing by getting these two new programs now there, he said.

The programs were developed in collaboration with Laurent House, a residential cancer hospice in Cambridge. It's a local hospice and

struggled to meet the demand for end-of-life care. In fact, in 2012 the hospice was only able to accommodate 147 of the 381 requests who requested care according to the Laurent House website.

In an effort to expand its impact, the hospice worked with the college to establish a new residential hospice house which opened its doors in July.

While Laurent House still operates from Cambridge, Laurent House sits on Conestoga College land in Stittsville and is a 10-bed hospice. Patients receive services from all the colleges of Health and Life Sciences and Community Services and the collaboration provides many benefits for the community. The also

and the additional placement opportunities that these programs provide ensure that they are beneficial to the students too.

"We can make the programs we have in the Dean's response more impactful because we have real life in working settings from day one," she said.

Russek said that might impact some areas of the college beyond these two programs. The latest potential opportunities for media students to do media work for the organizations as an example.

Like many programs at Conestoga College, the program provides classroom study with hands-on experience. Students in these programs get direct experience working alongside health profes-

sionals within Laurent House staff and Walling said having an opportunity to work with experts in this setting is invaluable.

Although the programs are still young, they are already being recognized and sought out from outside the college. According to Walling, Laurent House Community Hospice in Stittsville asked the college if they would be able to run the program directly within their hospice. He said that would start in November.

Russek said improving end-of-life care for patients who are dying is an important part of care for people at the end of life.

"We believe we're able to do a better job of supporting that with these courses and we

## NEW BOOTHS ELECTRIFYING



Photo by Jason Hogg

New booths with built-in electrical outlets at Conestoga's library removed library resources (books on floor). The booths are already popular, a specialty since they feature electrical outlets.

## CONESTOGA BREAKERS CLUB WELCOMES NEW MEMBERS



Photo by Jason Hogg

Karen Kuyper in Conestoga Breakers Club member performs a high-kick dance at a club meeting on Sept. 22. The club often has informal dance socials open to all. Their official meeting day is on the second of 4 p.m. on the 4th. Everyone is welcome to join or experience new jobs.

# Why is pain not bringing students' gain?

## BY HANNAH GALLAGHER

Students who have three-hour lectures no longer may be finding it a pain. Literally. Instructors today are taking away about one hour from each class each semester, a common back issue on which your spine has a name. It has become a serious issue to children and teenagers who are still growing. Some cases are only minor and the risk of scoliosis is low. In some cases, the degree will continue to get worse. It is found more often in females and often in 10 years old who have it will need corrective surgery.

Then Conestoga College provide for students who have

more like this or something similar?

John Anderson, who works at the Occupational Safety office and handles normally course complaints from students regarding discomfort caused by lectures or equipment, he said the job of the staff is to ensure the school is up to code with the Health and Safety Act. But he agreed most staff and students are sitting for long periods at a time. "Workers who have duties that are physically or mentally demanding and are in a seated position for extended periods of time are most at risk. Altering task posture and taking more breaks are methods that reduce the risk. Students who sit in three-

hour lectures admitted that it definitely takes a toll after a while on their body. Madison Fennell, a first-year student in pre-health sciences and she gets very uncomfortable while "I end up leaning forward on my elbows and my legs are shaking because all I'm thinking about is ways to take the discomfort away."

She suggested maybe using cushions for some classrooms that have higher chairs but every classroom is different and they can't make the legs high. "Chairs in the 11 years are incredibly uncomfortable. The chairs in F wing are great and Janet MacIntyre, manager of the Occupational Safety office. "But I have not had any student requiring

accommodations with sitting."

Another student, Meghan Fennell, who is in her third year in pre-health sciences also reported having numbness in various classrooms but said it might be temporary. "There have been a few times when I've been sitting for longer than I can stand, but sitting for hours at a time, she said. "I definitely know more on how uncomfortable I am in lectures. I try to find ways to rest the part of my back or legs."

When asked if he had suggestions for students on how to be more comfortable in class, Anderson said they should prepare proper posture while in a seated position and try to find several different postures to alternate

between. "Sometimes some stretching when required to sit for extended periods," he said. "For students who do have issues with back or have numbness in their legs, I would refer them to Accessibility Services and a physiotherapist. Proper posture early in their career would be beneficial long term."

Are students too afraid to admit that they're uncomfortable while in class? Or is it too hard to admit to someone in a room who will be there when they start to remove some complaints? If you do have an issue and need to talk to someone about it, Accessibility Services is always available for students with medical or accessibility issues.



# Revolutionizing horse care

BY MICHELLE HANCOCK/USA

Some probably heard of devices like face masks that track vitals, heart rate and steps taken, but did you know there's now a number device for horses?

Jonas Roberts, a Georgetown College graduate, was an intern summer at business administration — something when she had to work with a client for her applied marketing class. That's when she met Peter Markowski. At the time, Markowski was working on Cleo Collier, a dressmaker, for his RedHorse, but for rate and steps.

Cleo Collier was intended to be used to track steps, vitals, heart rate, temperature, respiratory functions and the fitness level of the cat or dog it was attached to.

"When I was riding them, taking the big jumps, when I'm, like, well, no wonder it's not working for the dogs and cats it's perfect for horses and Roberts."

"That's your whole livelihood."

When Markowski heard Roberts, idea of making it for horses instead of cats and dogs, he thought, it was a great idea, and decided to get Cleo Collier made. Together the two launched RedHorse, like then Roberts, when the business development manager, has worked at bringing RedHorse to life.

"I was a very nervous one. I never thought the horse industry was an opportunity to be successful selling



RedHorse

Jonas Roberts, co-founder and business development manager of RedHorse, is shown with his horse RedHorse which was one of the RedHorse devices attached to its body. The city is a small version of information to an app, including heart rate and temperature.

for. Before I met her I never considered doing that for horses. Markowski said.

The device attaches to the horse's bridle or halter between the eye socket and ear and sends the information

it reflects to the app on your phone, through Bluetooth. There are three RedHorse models: the RedHorse that the RedHorse Center and the RedHorse Team.

The RedHorse that is the

most basic model. It tracks the horse's steps, vitals, heart rate and activity.

The RedHorse Center tracks steps and vitals as well, but also tracks the horse's heart rate, temperature and

respiratory rate. It also has a momentary function so you can monitor when the horse is walking or trotting.

The RedHorse Center is the most in the Center, but also has an energy monitor. This changes when the horse moves around so it doesn't have to be taken off the horse to be changed, unlike the other models.

"There's nothing like this in the horse industry, not every thing is really traditional and kind of old school so this is the first thing that's kind of revolutionizing how people run their horse and horses."

Although the devices are not currently available, Markowski and they have over \$10,000 in pre-orders. They expect to double that amount by the time the devices are ready for sale, although Markowski does know when that would be.

Markowski said they are also planning on branching into making more kinds of devices for the horse, as well as his walking crew.

"Now that people know more about RedHorse we are receiving requests to build RedHorse like devices, the approach," he said.

Markowski said the devices will be manufactured locally.

"This request used to have lots of manufacturing now it's gone. This is just my small attempt to bring my job back," he said.

"I will register him, profit, for every device sold, but I want to create jobs locally."

## CONSTRUCTION CONTINUES IN THE REGION



PHOTO BY GABRIEL ANDREWS

Light Rail Transit construction continues in the region. Regional Rapid Rail is one of the locations affected by the project. For video story, go to [www.spcconline.com](http://www.spcconline.com).



ERASE THE EFFECTS OF STROKE.

THIS IS WHAT HAPPENS WHEN YOU PUT YOURSELF AT RISK.

Learn more at [heartandstroke.org](http://heartandstroke.org)



HEART & STROKE  
FOUNDATION

Leading research. For life.



# HOROSCOPE

Week of October 5, 2009



**Aries**  
March 21 -  
April 19

When life gets busy remember to take time for you. Connect yourself and find peace.



**Libra**  
September 23 -  
October 23

Happiness will find you where you least expect it. Be open before it is too late and wait for it to find you.



**Taurus**  
April 20 -  
May 20

A busy and stressful time approaches but keep your nose and powers sharp in. You'll be glad you did.



**Scorpio**  
October 24 -  
November 22

Friends help us share our burdens. Don't be afraid to ask for help.



**Gemini**  
May 21 -  
June 21

Take the time to talk things out. Hearing different points of view will help you come to the right decision.



**Sagittarius**  
November 23 -  
December 21

Don't be discouraged when things don't work. Stick with it, the results will be worth it.



**Cancer**  
June 22 -  
July 22

Take a moment to assess your financial decisions. A rash choice may come back to bite you.



**Capricorn**  
December 22 -  
January 19

Stop and listen to the world around you. Inspiration is all around us.



**Leo**  
July 23 -  
August 22

The world won't end if you have a little fun. Blow off some steam and come back to a task recharged and ready to go.



**Aquarius**  
January 20 -  
February 18

A focused mind helps you avoid disaster. Listen to your instincts.



**Virgo**  
August 23 -  
September 22

Remember it's good to take a risk. Just close your eyes and jump. Good things will happen.



**Pisces**  
February 19 -  
March 20

Don't be afraid to help others. One hand.



Go forth and make all these things happen. It is written in the stars.

## On Cuff



Denver has breakfast every.

## Useless Facts

A healthy, green-colored human eye can distinguish between 500 shades of gray.

A syringe occurs when three anatomical bodies line up.

Shakespeare provided the most sexualization and "outing."

Your heart beats over 100,000 times a day!

There is a town called Olay, CA. It has a population of two people.

## Sudoku Puzzle

	1		3	5	4	8	
5	4			6	8		
		7				6	9
		3		8	1		5
2	6			5		8	
	5				7		1
9		4		1		6	
	7		5			8	4
8			7	3			9

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

## Word Search

### Fall

N	L	U	F	R	U	O	L	O	X	W	C	T	E	R	A	U	T	U	R	N
R	N	E	K	H	C	G	O	R	D	S	B	R	C	E	Y	L	E	A	F	
A	H	I	H	T	O	D	N	F	F	A	C	D	B	P	W	H	A	R	V	E
H	F	G	R	W	E	D	R	J	M	N	F	I	E	W	E	T	H	A	N	K
Y	O	W	E	P	C	E	T	R	K	U	C	M	Y	O	T	P	U	M	P	
V	L	M	K	C	M	W	W	S	D	E	T	R	L	R	F	S	C	A	R	E
B	I	C	A	G	O	D	O	L	K	P	V	E	G	O		F	O	O	L	
I	A	T	R	L	R	I	P	P	L	M	N	C	A	R	O	F	O	O	L	
O	D	L	M	V	O	P	D	N	L	E	N	F	R	T		T	U	R	K	
Y	E	E	G	I	K	A	E	R	Z	G	A	R	E	A	B	A	P	P	L	E
E	Y	E	N	V	W	T	S	E	V	R	A	H	F	O	A	C	O	R	N	
K	X	G	T	S	D	R	F	X	B	Y	Z	O	S	L		Y	E	L	L	
R	J	Z	J	W	U	Y	B	A	K	I	N	G	L	L		L	O	O	P	
U	Y	R	C	H	L	O	R	A	K	H	Y	L	L	A	W		F	R	O	
T	Z	S	H	L	O	C	W	M	W	Y	I	G	J	G		C	H	I	L	
A	B	L	L	M	I	B	R	A	T	I	O	N	C	E	A		M	I	G	

RETURN  
 LEAF  
 RAKE  
 HARVEST  
 THANKSGIVING  
 HALLOWEEN  
 PUMPKIN  
 SCARECROW  
 FOOTBALL  
 COLOURFUL  
 TURKEY  
 APPLES  
 CORN  
 BAKING  
 YELLOW  
 COUPON  
 PUMPKIN  
 FROST  
 CHILDHOOD  
 MIGRATION



# Grads say goodbye to fallen classmate

## Helicopter crash takes life of former Conestoga student

BY PAUL BOHANNON

Graduation and funeral of the aviation program at Conestoga College are in shock over the death of a well-known pilot.

Steven Helinger, 44, from Kapuskasing graduated from the program in May 2014 and was an employee with Apex Helicopters Inc. based in Winnipeg, when the accident took place. The Waterloo Region Herald reported the company had an aerial spraying contract south of Toronto and on the evening of Sept. 10 Helinger and another employee Ron Malina, 41, from Richmond West, were flying to a nearby camp. Helinger was the pilot as requested. A morning search was unsuccessful, the report said, and on Sept. 15 Apex owner Chris Tardif-Gauthier found his missing helicopter along with the bodies of the two men. The aircraft had crashed in an area of dense forest.

"Everyone treated it as a lost helicopter and Kerry Tremaine, coordinator of the aviation program, 'They weren't expecting to find a crash. They were expecting to find them and bring them back.'"

"What made it even more heartbreaking was the fact that Helinger had established himself as the most hard-working employee in the rest of the students on his program, not to mention the faculty. He was also a top student with high involvement in school activities."

The aviation program partners with Great Lakes Helicopters and Waterloo Wellington Flight Centre at the Airport at Waterloo International. Students choose rotary wing as it was their first training as an aircraft. Helinger and Steve Chambers were the only two out of approximately 20 students who chose to be helicopter pilots.

"I remember the first day of class. Chambers and I, he was shy, but he was smart and was friendly with everyone. One of the first things we had to do was all jump down the hallway and be a part of the mobile failure in people and were laughing and having fun."

"The one painful thing for me was that in the flight training and on the accident investigation."

"We were within five minutes of each other all the time as it was pretty cool and Chambers who now lives in Grand Island at Grand Lakes. Chambers ended up

graduating with honours Helinger with distinction, perhaps because Helinger was busy helping others with their studies."

"He was big on them – especially with math and physics. It was like he would take them sometimes staying up pretty late and Chambers. At the flight school Helinger would sometimes be found taking notes on a study chair, from the late night. Chambers would always remember this about his friend."

James had wanted to fly Helicopters his whole life and Chambers. The end-all to his job was his pilot. This involves taking others and responsibilities to create mountains and dropping them off. As one might imagine, landing someone without wings looking can take some skill. Chambers posted a viral picture of a helicopter landing on a mountain ridge with him half on the snow. The other half hangs from the edge. The others come off and Helinger flying over through the wild and snowy mountains. "Helicopter pilots are the adventurous type and Chambers. It would have taken him five to 10 years to achieve that goal to land."

At the college, Helinger presented the program to the full staff. Helinger and Chambers were on the program advisory committee or PAVC and "they presented the first report, the committee had their own in hand and Chambers. He said that Helinger 'talked with more lakes, more the and again house'."

"James was outgoing, friendly, he would help anyone with anything. He said, 'In some situations he would take the lead and organize things. He was always happy, always had a smile on his face. He was a real character in the Conestoga.'"

Over at Grand Lakes Helicopters, Steve Laybourne, general manager, had the same opinion. In the class was in May 2014, Chambers and Helinger had been out of school, always friendly and good looking. The first summer he was on ground crew driving a truck, refueling aircraft, etc. but



PHOTO COURTESY

Steve Chambers (from left), flight instructor, pilots Tardif and Laybourne. Helinger was shown at graduation in May 2014. Helinger and Chambers took a helicopter trip together through the aviation program at Conestoga College. Helinger died in a helicopter crash on Sept. 10.

in the summer of 2013 he was promoted to flight crew. That summer in September brought Helinger close to his hometown of Kapuskasing. The crew was spraying chemicals for a forest operation. He said that from the accident happened."

By that time many of Helinger's classmates had spread themselves across the country having obtained jobs of their own. On Sept. 4, news of the missing Helinger had been there."

When the helicopter was found they came from all corners – some by car, some driving 11 hours by bus. They came from the east and the west, as far north as Yellowknife and British Columbia and south from the Yukon. All but two were able to make it by Kapuskasing and to say a final farewell to their classmate who had helped them out so much, who had been the instructor of the group the "back story" as one of his teachers wrote in an email. "It definitely sucks to say goodbye to a friend that the way they did it. It was a good tribute to him, and Chambers."

The night before the funeral, the class had a gathering in the local bar where photos were shown and stories told until the morning hours. "Things who he was so many were being shown and it was like people laughing, it's other than getting down



PHOTO COURTESY

Helinger, instructor of the aviation program, took his last ride. Helicopter flight on Dec. 14, 2012.

about it, he said."

The crash has raised all kinds of questions. Chambers' words when he said they had to rush because it could easily have been himself he said.

"He was such a natural pilot. Chambers said 'Of all the students at Grand Lakes he was probably if not one of the best, the best. He was always further than anything else than the rest of us.'"

Chambers said it could be a year before Transport Canada finishes the investigation.

Laybourne, who presented Helinger with his comman-

ding helicopter pilot license 14 months ago, said the school and the flying community have lost a great one and his two brothers, Bill and his husband, Bill Laybourne, owner of Grand Lakes Helicopters, work in Kapuskasing for the forest and were involved in all the situations and friends that gathered to say goodbye.

"He was a wonderful kid. I know every time something like that happens you say they were a good person, but he just truly was. He had the respect from how he knew what he wanted and was going for it. His last trip